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# what's up doc?



by Dr. Mary Livers

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Dear Colleagues:

Hello, everyone. I hope you had a good week. Okay, so here's what's on my mind this week. It's a word we hear a lot – accountability.

To me, accountability is really simple. It's saying what we intend to do, and then doing it. It is doing our best and not giving up or giving in. Sometimes, we might make mistakes.

Show me someone who is perfect and I will show you somebody who is not doing anything. Sometimes, no matter how hard we try, we fall short. Well, we're all human. Our systems are not perfect, either, so there are going to be failures and mistakes will be made. That doesn't mean we're not still accountable. We must be honest with ourselves and be honest about our systems when we have failures and come up short.

The best thing we can do is to look at it straight on and admit when we have a problem. Acknowledge where we have fallen short. If given the opportunity, we will fix it. Things never get better if we can't be honest and say "my bad."

Have you ever noticed that when something bad happens or a mistake is made, some people are quick to blame someone? Some people will always find a way they can blame someone else for a failure. There's always someone to blame – "society...I got a bad break...it's not fair...I never got an opportunity." Excuses are easy to find. I'm sure you've seen people like that and so have I. We have a tendency as human beings to want to defend ourselves.

I have found that whining and making excuses about a problem is just a waste of time. We must take the responsibility for our attitudes, our actions and our future.

I guarantee, if you take responsibility for any problem, you can impact it in a positive way. We can go from a negative place to a positive place and transform the situation from the problem to doing something about it.

Here at OJJ, we're big on accountability. We can't hold our kids accountable for their actions unless we hold ourselves and other caregivers accountable. Let's set the example. It starts here.

As ever, thanks for all you do, every day.

Sincerely,

"Doc" *Dr. Mary Livers*

P.S. What did you do today to meet the mission? Have a great weekend.

Mary L. Livers, MSW, PH.D, Deputy Secretary

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